

The Bassano News

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A STANDARD FOR THE PEOPLE.

Unfortunately, the people en masse, in some respects, are like sheep—they follow their leaders without much thought as to where they are going. We regret to have to say it, but it is a truth that the great body of people of every nationality do very little independent thinking. They think in prescribed channels, although each individual possesses a thought-machine that has the inherent power of making wise suggestions for the salutary interest of such entity in the activities of the manifold agencies which in their separate functions contribute to the welfare of the whole being.

In another respect in which they resemble sheep, they are docile, easy to be herded and guided "into green pastures."

The Gallilean Teacher cognized this predominant trait of human nature and during his mission on earth, both by precept and example, essayed to teach the world how the human flock might be directed into paths of righteousness and folded in safety from the ravenous wolves that since time began have found a means of gratifying their lust for blood.

In recent years we have heard much said about the wolves of the social which prey upon the individual units with insatiable greed that steadily becomes more rapacious in its voracity.

In the protests that are made against their predations our attention is directed to numerous pitfalls in our midst that entrap the unwary sheep that stray from the human fold.

Our sympathies are aroused in behalf of the victims and our energies are directed in support of movements to rectify these conditions.

Sad be the admission, but it is true nevertheless, that up to this Twentieth century of "Christian civilization" there has not yet been projected a movement in which the men and women of largest influence in the social body have united in ascertaining and emphasizing the causes which produce the evils complained of.

The cause, or causes, once ascertained, the remedying of the conditions is possible, although it may mean the uprooting of systems long established and the renunciation of beliefs long entertained.

Because you once believed something that subsequent events have demonstrated to be groundless, you may now—without compunction—believe because you, or your father, or your great-grandfather, believed it. This is especially true as to the use of the thought-machine with which every individual is equipped. The independence of these separate thought-machines is in nowise lessened by the assembling of their different conclusions. On the contrary, the great universe of read his message with much interest because it is process of comparison, separation, elimination and publication.

A TRAGEDY OF PANAMA.

One of the tragedies of the building of the Panama canal, that will strike the American people in a particularly vulnerable part is the pitiful ending of the career of Lieutenant-Colonel David DuBoise Gaillard, the army engineer who dug the Culabra cut against almost insuperable obstacles. It seems a pitiful and a particularly pathetic circumstance that this splendid engineer should have been claimed by fatal brain disorders just at the moment of triumph and just prior to the time when the nation is preparing to honor Colonel Goethals and those associated with him in the gigantic task of making the great waterway connecting the Atlantic and the Pacific. For a long time it was hoped that Colonel Gaillard would recover, at least sufficiently to know his work is appreciated and that his labors had not been without rich fruition. But this seems not to be, and the gallant officer, an able engineer may die at any moment.

GROWING APPRECIATION.

The appreciation of the bigness of President Wilson grows as the people come to know the man better, and people all over the country will stand by and challenge criticism. It is such a readable article, vital as it touches the National life. Many people of quick temper have assailed the president's Mexican policy, but few will read his message on this subject and fail to grasp its greatness as an American policy that the people can stand by and challenge criticism. It is such a statement of policy and principle as will attract the attention of the foreign countries, and will make those countries to the south of us on the American continent appreciate us as a friend and champion. It places American statesmanship on a new plane and will give the nation a commanding prestige—Palestine (Texas) Herald.

But for the disloyal and selfish opposition of Calgary's alien newspaper, ample money to develop the Southern oil fields would have come in before this time. The Herald at present is engaged in the delightful task of stirring up trouble among the oil men. Blessed is the trouble maker for he will get his when all things are made right—Morning Alberta.

In speaking of the free passage of American vessels through the Panama Canal we stop long enough to inquire who gets the benefit of this arrangement? Are the people who furnished the money to build the canal to be beneficiaries or do the profits go to the ship owners? In other words, is it not a protective tariff under a new name?

There is at least one man in Texas who believes there are worse places than the penitentiary. He was offered a pardon on condition that he would go home and live with his wife. He tried the home life a few days and then decided to go back to the pen.

If the dear old opulent Yankees would come to Bassano this winter and inhale several thousand lungfuls of our winelike atmosphere, they would begin to understand how kind and loving the Lord was in giving Western Canada to humanity.

The marriage of a pretty girl softens the asperities of life. Even the depraved and devilish republicans were not so mean but that they could wish the White House bride well.

The patriots are not objecting to President Wilson's waiting policy with respect to Mexico, but they think he is carrying his waiting policy in the matter of pie distribution to unreasonable lengths.

There is at least one citizen in Bassano who should remember the old "glass house" story. He might profit by it, as he is liable to be handed a "bunch" if he doesn't take a tumble.

"It is safe to say that if anyone puts a windmill on the White House Christmas tree for Secretary Bryan there will be strained relations in Washington as well as in Mexico."

It is said that the Mexican papers have discontinued their comic supplements and are issuing the ultimatums addressed by the United States to Huerta instead.

The number of newspaper editorials one sees on freak styles worn by women suggests that these fashions are accomplishing the purpose for which they were designed.

If departed spirits know anything, Mr. Pankhurst is probably much pleased that he doesn't have to meet Emmeline on her arrival at the London pier.

Medicine Hat has made a just protest against the taking out of the province its natural gas. It is not at all likely that there is no limit to the supply of natural gas.

The Calgary Herald has moved into its handsome new home on Seventh avenue and is now probably the best equipped newspaper in Western Canada.

An exchange says "Mrs. Pankhurst is able to paddle her own canoe." But it is not the canoe that needs paddling, it's Mrs. Pankhurst herself.

Bassano is going ahead, notwithstanding the stringency of money matters. She is now installing an incinerating plant at a cost of about \$12,000.

There is one man in Bassano who says he can tell a woman's age by looking at her. Maybe he can, but if he has any sense he won't do it.

The oil excitement in and around Calgary seems to have died a peaceful death. Or is it that the holiday rush has crushed it out?

The Missouri pastor who explained that he kissed a girl of his congregation above the ear is evidently not an experienced osculator.

Immigrants coming into Alberta should see Bassano before locating permanently. She offers good opportunities for the careful investor.

New style coiffure conceals women's ears, says a fashion note. But, bless your heart, it doesn't stop their tongues.

An alarm which emits an ear piercing shriek should a thief try to start an automobile engine has been invented.

The handle of a new cane for men resembles a golf stick and contains receptacles for cigarettes and matches.

A novel traction engine literally walks instead of rolls along, being provided with four legs shod with broad shoes.

The lonely Scotch Island of St. Kilda has been given a wireless station to link it to the rest of the world.

In thirteen years the number of street car horses in Great Britain has decreased from 13,000 to 1,300.

Granulated glass is being tried as a preservative for the surface wood in England with much success.

We suppose the bride is just the kind of woman to take pretty much all the Say out of Sayre.

Bassano awaits with anxiety the beginning of work on her much needed postoffice building.

WHERE HAS THE MONEY GONE?

Inspired statements in the Government press set forth that the total estimates for 1913-14 were over \$200,000,000, of which probably more than \$175,000,000 will be actually spent by the end of the year. Of course the estimates do not include statutory expenditures, agricultural aid, railway subsidies, provincial subsidies, etc., all of which will increase the spending of this year to over \$250,000,000.

Including every item, estimates and statutory expenditures, the total spending of the Liberal government for the year ending March, 1911, the last full year of Liberal administration, was only \$274,188.

The controllable expenditure of the Borden government this year is therefore over twice the amount of the total controllable and uncontrollable expenditure of the Laurier government three years ago. What have the people received for this extraordinary increase?

Mr. Borden denounced the Liberal expenditure of 1911 as in itself prima facie evidence of corrupt and extravagant administration. Would Premier Borden now please give his personal opinion of the extravagance of Hon. Meares, Rogers, Hughes Reid and the rest of the wasters?

COMMON SENSE POLICY

The Brockville Times (Cons) recently said: "The common-sense policy is obviously a comparatively small but effective modern navy for Canada which would in case of war automatically go under the control of the Admiralty." The only difference between this Conservative party and the Liberal naval policy is the word "automatic." The difference between it and the Borden policy is a \$35,000,000 contribution is just as great.

B. T. GRAY
FUNERAL DIRECTOR AND EMBALMER
REGISTRAR OF VITAL STATISTICS
SERVICE DAY OR NIGHT
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as that between the government and the opposition. Common-sense must be with the Liberals.

OCEAN FREIGHT CONTROL.

During the last session of parliament Mr. Arthur Meighen made an elaborate plea for regulation of ocean freight rates in the interest of Canada. It was an ingenious argument, but somehow overlooked the fact that Canada could not regulate ocean freight rates unless Great Britain, who owned most of the ships, and the United States, who owned most of the rest, would agree to the same action. The inspired Conservative press at once took the matter up. Chairman Drayton of the railway commission was sent to England to put it through, and throughout Canada the Tory press announced that the Borden government was going to secure a regulation of ocean freight rates which the Liberal government could not get and had refused to try to get.

Chairman Drayton went to England; he came back with the report that Canada could do nothing in this matter single-handed—exactly the conclusion that had been reached without any fuss or expense by the Liberal government.

Discussing this question recently, the Montreal Gazette, the Conservative organ of Quebec province, said: "We could not fix rates from the United Kingdom without the co-operation of the British authorities, nor rates on freight bound to or from Canada by way of American ports and American railways without the assistance of the United States; and as neither of these countries believes in regulation at present, it would be useless for us to seek to accomplish it off our own bat. It is clear that Canada could not undertake regulation by herself. Moreover, Halifax and St. John are sufficiently handicapped already."

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1

THE SECRET OF YOUTH; SYSTEMATIC EXERCISE

Too Much Food and Too Little Thought Chief Cause of Senile Decay.

The trite saying, "A woman is as old as she looks," is as old as the hills. "A man is as old as he feels," won't go with the modern. It isn't enough. Emma McChesney has one truth when she said, "A woman is as old as she looks, with her hair hanging on the dresser." But that won't help us out any in compiling statistics, for one man hardly ever sees more than one woman with her hair hanging on the dresser.

While the age of a woman often times is surrounded with much mystery, the age of a man presents no such complications. A man seldom resorts to subterfuges to conceal either his looks or his feelings. If his hair comes out he is bald and lets it go at that. If his girth increases, he buys larger waistcoats. If he has rheumatism, dyspepsia or any of the ills of advancing years, he does not seem to be ashamed of it.

Most women know, with the above method of estimating years, that they easily can subtract ten years of the effects of time from their age between getting up in the morning and the time for callers or shopping in the afternoon. While they may be able to derive comfort from this method of computation, this pleasure seems to be denied to men, for no method of ronge, facial massage or plating of the hair will make a man feel rested or young.

Pythagoras used to say that up to 20 a man is a boy; from 20 to 40 he is a youth; from 40 to 60 he is a man; from 60 to 80 he is an old man and after 80 he is a dead man, whether he continues to live or not. Doubtless many at the present time would object to this classification, but one must admit that there is no little truth to it. Also in these days there are altogether too many dead people under 80 who are still living. It is truly lamentable when the body survives the soul. This condition never will happen to those who live unselfishly, who maintain activity of body and mind and who restrict the diet to meet the needs of the passing years.

Repair, Growth and Waste
There is continually going on in the body a work of disintegration or a tearing-down and a building-up process, which varies somewhat in the three different periods into which life naturally is divided. First there is the period of growth, when the repair is greater than the waste; hence the need of a larger amount of food pro-

portionately for a growing child than for an adult. Second, the stationary period, when the waste and repair have established a condition of equilibrium, both being equal. This period continues, when there is a reasonable state of health, until the age of about 45 or perhaps 50 years, varying with the individual and the period of life. Third comes the period of physical decline.

Most of the diseases of advanced life are due to interruptions in the process of waste and repair. Many of these diseases are of a chronic or gout nature, and many are of a degenerative character, such as heart and kidney diseases. In all of these diseases there is an excess of poisonous waste material in the body, and because of poor elimination this poison is reabsorbed and deposited in the joints or in the tissues, thus hastening the conditions that make one old. This retention of waste may be slight at first, but if it were only a grain a day it would amount to nearly an ounce in a year, and in the course of several years a sufficient accumulation would have taken place to produce serious results. It is these poisons that affect the lining of the heart and arteries, giving rise to an increase of the blood-pressure, but the human machine was made as a low-pressure engine, and so to subject it to a constant high pressure simply means that the process of aging must be hastened.

To erect a safe building it is necessary first to lay a good foundation. The man or woman who thinks 30 or 40 is early enough to begin to prepare to have a hale and happy old age will be much disappointed. The things that people are going to do at different ages never are realized. Age is illusive. A young man at 20 says: "Well, as 25 I will do differently." But at 25 he is the same man. Then the time is extended to 35, and then to 45, and so on year after year with many of the habits of life accentuated. Those who do not cultivate good cheer and smiles and graciousness and generous feelings and good habits in the first three or four decades of life are not going to do so later. It is for this reason that old age does not grace many persons. Those who grow old gracefully never give the impression that they are old. A famous American used to say that he was 82 years young, and there are some who give this impression.

Old age is the time for reaping, but if the sowing has been poor the reaping will be disappointing and not only that, but likely exceedingly disagreeable. One should come to "a full age, like as a shock of corn cometh in its season." Those advanced in years should avoid any excess in eating and drinking. The digestive organs are easily

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over-burdened. "Old Parr," a native of Scotland, lived a healthy and uneventful life up to the age of 112, when he was discovered by the Count of Surrey, who, because of his great age, took him to London. Charles I. wishing to see this subject, so remarkable for his age, sent for him to come to court, and there he was surprisingly fed with the viands of the king. As a result, "Old Parr" died from an attack of indigestion and not from old age, as a subsequent post-mortem examination showed.

It is true that but few rarely attain to the full limit of the life that is possible to live, because it is cut short by the violation of the laws that promote

longevity. To be temperate in eating is to live well. Professor Huxford says: "The more slowly man grows, the later he attains maturity, and the longer his powers are in expanding, so much the longer will be the duration of life. If you would live long, live moderately and avoid a stimulating, heating diet, such as a good deal of fish, flesh, eggs, spices and wine." Shakespeare said, with profound truth,

(Continued on Page 5)

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THE SECRET OF YOUTH

SYSTEMATIC EXERCISE

(Continued from Page Six)

"Dainty bits make rich the ribs," but bankrupt the wits," and again, "Fat paunches make lean pants." William Cullen Bryant, who enjoyed most excellent health and vigor up to 80 years of age, when asked the secret of his years, replied, "It is all summed up in one word—moderation."

Old age is not by any means a matter of years, nor is it altogether measured by planetary revolutions. If excesses in eating could be avoided, and if worrying could be laid aside, and if the body could be kept free from poisons we should experience little of old age and there would not be much old age about us. Death would be as physiological as birth. Then the term "old woman" and "old man" not only would not be used with contempt, but would cease to be, or it would indicate something rare and beautiful.

Age Matter of Tonic

Age is not so much a matter of time as it is of tissue, therefore what one eats of the food intended for man is not so important as it is how much he eats and how he eats it. All except the poor eat too much and doubtless this more than any other condition hastens on old age, or, more properly, senile changes.

The next important thing to promote youth and to put off old age is to work. A machine will rust out sooner than it will wear out. It has been said that everything except old age, comes to him that works. The work is a means to an end. The work of a man is to be a man. Business men who retire from business make a fatal mistake when they do not take up something to give exercise to the mind as well as to the body. Such men fall into rapid decay.

In many instances, farmers, after laboring early and late half a century, retire and move into the village or city, with a view to spending the remainder of their days in ease, enjoying the fruits of their labors. Having been accustomed to hard labor all their lives, they have been blessed with health; but their inactive lives, in connection with their new surroundings, make them susceptible to disease. Such a man will age more in five years than he did the previous 20 years of hard work. Many retire from hard work, but they do not retire from hearty eating, and this is their undoing. Hard work never killed anyone. It is the things that people neglect to do while they are working. No man can work too hard physically or mentally providing he does not neglect to do other things that ought to be done. But this fact must not be forgotten—the work

must be pleasant, congenial and not always the same thing.

Mr. Gladstone was noted for his outdoor life and gained considerable fame because of his enjoyment in chopping down great trees. When asked the secret of his vigorous health at 83 he replied: "There was once a road leading out of London on which more horses died than on any other, and an inquiry revealed the fact that it was perfectly level. Consequently the animals, in traveling over it, used only one set of muscles. Continuous employment of the same physical power on the same lines results in physical exhaustion. It is varied and symmetrical exercise of all the muscles that lies at the basis of any sound system of physical training."

Exercise Prolongs Youth
Bryant, at the age of 80, maintained regular, systematic physical exercise and was noted for his long walks. John Wesley was a firm believer in the religion of good exercise as in the doctrine of salvation by faith, and his long and useful life no doubt was due in a degree to the firm physical basis which he laid in his school days and which he never neglected in after life.

We have noted instances in our own times of men advanced in years who play golf, tennis, take long walks and engage in other forms of exercise that are congenial to the mind. No idler ever attained to old age. When a man ceases to work he degenerates rapidly.

Keep young by occupying the mind with wholesome subjects and never cease to study. We may not be able to keep wrinkles out of our face, but we can keep the brains from wrinkling and shrinking. There is no sadder sight than to see an aged man or woman in whom the soul is dead, but the body lives on. Those who have not been accustomed to study and exercise the mental powers have a sort of mental decay in their advanced years, and so the vanities of youth and many disagreeable features of character, which may have been held in suppression, come to the front, making life anything but pleasant for those who are forced to endure it.

One of the reasons why we do not have more graceful old men and women is because the majority of young men and women cease to exert their minds as soon as they graduate from college. Those who study because they have to will not tackle hard mental problems in their leisure hours; but for the pleasure of studying. Men and women may be compelled to undergo a certain development because of the experiences that come from day to day, but this does not contribute much to mental discipline nor enable the mind to be concentrated on any given subject. Mental exertion imparts vitality to every part of the body. Hard study

and indefatigable mental action have proved to be a veritable elixir of life to many, and would add years to the lives of those who are undergoing premature decay and mental degeneration. Worms do not bore into the live tree; they feed upon wood that is dead. Now and then we find some one who "is dead from the waist-line down," but very much alive mentally. Any aged person who is mentally alive can contribute to the pleasure and enjoyment of others.

There are too many women who have raised their children who feel that life holds nothing more for them but the passive role of grandmother and knacker. This is the time when instead of wasting hours in gossip and card playing some useful study should be taken up with systematic effort. Of course, it is easier to flow along the lines of the least resistance, but this does not contribute to strength of character.

The women who grow old slowly are the student women, those who take some time every day to memorize some gem of truth, to study some subject, assimilate it and make it a part of themselves. Studying perpetuates youth. Women who study will not be concerned about beauty destroyed for physical beauty must surely depart, but mental beauty adds something to character that time cannot efface.

Time would fail to tell of the distinction won by people far from being young, and of the years added to their lives because of their constant mental exertion. Statistics clearly indicate that brain workers as a class are the longest lived.

BOMB EXPLODED BENEATH.

DOOMED MEXICAN REBEL

MEXICO CITY, December 16.—A modification of the old method of tying men to the muzzles of cannon and blowing them to pieces was employed today by the Federal north of San Luis Potosi. A captured rebel was given a summary trial, sentenced to death, tied to the ground and a dynamite bomb placed beneath his body and exploded, tearing him to atoms.

Lethbridge Farmers Plowing.

Lethbridge, Alta., Dec. 16.—The present, genial weather is making plowing possible. Farmers in Cardale district went out Saturday and found the going good.

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